

The Hook

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Morgan Ratcliffe (USA)
音樂: Free (Single Sexy And Sweet) - Mýa



KICK & TOUCH, SQUAT DOWN & UP, & STEP ½ PIVOT WITH FLICK, STEP ½ RONDE

- 1&2 Kick right foot forward, step back on right foot, touch left toe forward
3-4 Bend both knees and push hips back (like sitting down), straighten knees returning to standing
&5 Step left foot back next to right, step right foot forward
6 Pivot ½ turn to the left as you flick right foot up behind you
7 Step right foot forward
8 Turn ½ turn to the left on ball of right foot as you ronde left leg round in the air to behind right

BEHIND, SIDE, CROSS, STEP HEEL TAP, PIVOT ¼ TURN, MOONWALKS BACK

- 9&10 Cross right foot behind left, step left foot to left side, cross right foot over left
11&12 Step right foot to right, raise right heel and tap it down, make ¼ turn right on balls of both feet (end with left heel raised)
13-16 Moonwalk going back for four counts (end with right heel raised)

BALL STEP, ¼ TURN LEFT, ROLL SHOULDERS, SIT TO RIGHT, BALL STEP ½ PIVOT, KICK BODY ROLL UP

- &17-18 Step ball of left foot in place, step right foot forward, pivot ¼ turn to left (weight on both feet)
19&20 Roll right shoulder back, roll left shoulder back, bend knees and bump hips to right
&21 Step ball of left foot in place, step right foot forward
22 Pivot ½ turn to left
23&24 Kick right foot forward low, body roll up from the knee to the head

KICK OUT OUT, HOLD, KNEES ROLL IN AND OUT, HEEL TAPS AND HIPS BUMPS

- 25&26 Kick left foot forward, step left foot back and to left, step right foot back and to right (feet now shoulder width apart)
27 Hold
&28 Roll both knees in, roll both knees out
&29 Tap left heel, tap right heel and bump hips to left

Arm styling: snap/click both hands forward(right arm crossed over left)

- &30 Tap right heel, tap left heel and bump hips right

Arm styling: snap/click both hands down by sides

- &31 Tap left heel, tap right heel and bump hips to left

Arm styling: snap/click fingers up above head

- &32 Tap right heel, tap left heel and bump hips to right

Arm styling: snap/click both hands down by sides

REPEAT